

Practice With Kindred Spirits

In a recent column for this website I posed the question to you the reader 'why should you practice?'

In answer to the question I cited an elite state player from interstate who came to Melbourne for a weekend of coaching with me and our **Elbows** squad and his reaction to our weekend of training.

Now in 2019 and our squad mate, the dearly departed BEAR, is not to be forgotten. I came across an old email from a state player here in Victoria who came to numerous sessions with **Elbows** over a few years. This is his account of the merit of training with kindred spirits, BEAR and the **Elbows** squad.

'Lach, it never ceases to amaze me the amount of energy and enthusiasm you in **Elbows** have for helping bowlers, in my case me, to improve not only their technical and tactical skills for the game, but, the life skills that go along with it.

At one of the weekend session you invited me to, someone asked me during the time what **Elbows** meant for me which I responded. "**Elbows** is my kindred spirit from which I can draw strength when everything seems too hard, and the easy road looks far more inviting.

"When my goals are just too far away and it would be pleasant to sit and bask in what I have already achieved (state player, state champion), pat myself on the back rather than kick myself in the arse for being slack and accepting a second rate effort.

"Just as I draw strength from the squad I also need to put strength back in and support others as they need it. Everyone cannot continually take out what they need, because very quickly there will not be enough left or the providers of that strength and support will be overwhelmed and the whole squad network will collapse.

"**Elbows**, its individual members, and you in particular Lach, is my teacher as I move to improving my coaching and mentoring skills for the benefit of other aspiring bowlers.

"My contact with the squad enables me to learn new ways of getting the message across that practice does not have to be boring, but it has to

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occur, and subtle changes in presentation can have a huge effect in how players accept training and especially drills.

Thanks for including me in your **Elbows** mob, it has made a monumental difference for the better in my performance.”

Though BEAR is not here since September 2018, he is within, as a kindred spirit as evidenced by the above.

Lachlan Tighe, 2019